

1. Fluency – this is the pace of your reading, also it means when you **pause**, **speed up**, **slow down**....

2. Stress (intonation) – this is the highlight of “KEY” words.

Example: Exercise and Nutrition

Slide2: “Exercise” is very important when **we think about** our diet. “**One**” major factor **is that** we burn calories. “Another” factor **includes the type of exercise** we do; low “intensity” or high “intensity”. Low is **walking or doing yoga** for example, and high is **running or playing team sports**.
(20seconds)